

# Bauernomlett (Farmer's Omelet)

 Gluten Free  Low Fod Map

READY IN



35 min.

SERVINGS



1

CALORIES



828 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

## Ingredients

- 3 slices bacon cut into 1/2 inch pieces
- 1 teaspoon butter
- 3 eggs
- 2 potatoes
- 1 serving salt and pepper to taste

## Equipment

- frying pan
- sauce pan

## Directions

- Place potatoes in a saucepan covered by lightly salted water. Bring to a boil over high heat, then reduce heat to medium, and simmer until tender, 10 to 15 minutes.
- Drain and allow to cool, then cut into 1/4-inch slices.
- Melt the butter in a skillet over medium heat. Cook the bacon strips in the butter until browned, 5 to 7 minutes; remove bacon and set aside.
- Add the potatoes to the bacon fat and cook over medium-high heat until browned, about 5 minutes.
- Beat the eggs with the salt and pepper.
- Pour the egg mixture into the skillet, and mix with the potatoes and bacon; allow to cook until eggs are set, 3 to 5 minutes, turning once.

## Nutrition Facts

 **PROTEIN 16.24%**  **FAT 46.94%**  **CARBS 36.82%**

## Properties

Glycemic Index:133.75, Glycemic Load:54.48, Inflammation Score:-8, Nutrition Score:37.28217398602%

## Flavonoids

Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 827.85kcal (41.39%), Fat: 43.19g (66.44%), Saturated Fat: 15.59g (97.42%), Carbohydrates: 76.22g (25.41%), Net Carbohydrates: 66.85g (24.31%), Sugar: 3.81g (4.24%), Cholesterol: 545.35mg (181.78%), Sodium: 875.86mg (38.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.22%), Vitamin C: 83.92mg (101.72%), Vitamin B6: 1.66mg (82.84%), Selenium: 55.12µg (78.74%), Potassium: 2107.54mg (60.22%), Phosphorus: 600.42mg (60.04%), Vitamin B2: 0.79mg (46.75%), Vitamin B1: 0.58mg (38.4%), Fiber: 9.37g (37.49%), Vitamin B5: 3.66mg (36.56%), Vitamin B3: 7.25mg (36.23%), Manganese: 0.7mg (34.83%), Iron: 5.91mg (32.81%), Folate: 130.35µg (32.59%), Magnesium: 121.85mg (30.46%), Copper: 0.58mg (29.15%), Vitamin B12: 1.51µg (25.22%), Zinc: 3.72mg (24.81%), Vitamin D: 2.9µg (19.36%), Vitamin A: 870.69IU (17.41%), Calcium: 129.66mg (12.97%), Vitamin E: 1.83mg (12.19%), Vitamin K: 8.84µg (8.42%)